

SECRETS-E-C-R-E-T

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The work done by Soviet scientists on ginseng [Panax ginseng] is of interest. They developed methods for the cultivation of this plant, which grows exclusively from seeds that germinate very slowly and yield sprouts only after two-four winters in the ground. Experiments showed that cultivation of ginseng can be carried out in all forest regions of Primorskiy Kray.

A plant whose fruit has been used for a long time by taiga hunters occurs widely in the Far East of the USSR. This plant is Limonnik [Schizandra chinensis] whose berries stimulate the resistance of the organism to hardships. At present, Schizandra chinensis is being used medically for stimulating heart action, for combating exhaustion and sleepiness, and for restoring the recuperative powers of the organism.

[Ginseng, the nature of whose active principles has now been clarified, exhibits tonic action similar to that of Schizandra chinensis (G. Kurentsova, "Medical Flora of Primorskiy Kray," Meditainskiy Rabotnik, No 39-955, 31 May 1951)]

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